

Eat Well, Live Well



Public Health
Prevent. Promote. Protect.



Douglas County Health Department

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AN EQUAL OPPORTUNITY/AFFIRMATIVE ACTION EMPLOYER

Services provided on a nondiscriminatory basis

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10/12/16

Eat Well, Live Well

Guide to Healthy Menu Choices when Dining Out in Douglas County



This program is sponsored by MFH Healthy Schools, Healthy Communities Initiative, Douglas County Health Department and Missouri Department of Health & Senior Services.

Live Well Restaurant menu items highlight entrees that are lower in fat, calories and sodium, assuming the restaurant meal accounts for the largest of the day's meals.

Calories

Based on 2,000 calories a day, Live Well's upper limit of 750 calories for one meal represents about 37 percent of total calories for the day.

Fat

Fat is recommended to be limited to 20% to 35% of calories. On 2,000 calories per day, the recommended fat intake is between 44 and 78 grams. The Live Well fat guideline for one meal is 25 grams or fewer.

Saturated Fat

Saturated Fat is recommended to be limited to 10% of total calories. On 2,000 calories per day, the maximum recommended saturated fat intake for a full day would be 22 grams. Live Well's saturated fat guideline for one meal is set at 8 grams or less.

One should eat to live, not live to eat.....Moliere

Live Well Restaurant Nutrition Criteria

Entrees (or full meals) must include one of the following:

- fruits and/or vegetables
- lean protein, i.e., skinless white meat poultry, fish/seafood, tofu, etc.
- 100% whole grains AND

Entrees (or full meals) must have:

- less than 751 calories and
- less than 26 grams of fat and
- less than 9 grams of saturated fat
- less than 1050mg of sodium



Appetizers, side dishes and desserts must have:

- less than 251 calories and
- less than 9 grams of fat and
- less than 4 grams of saturated fat
- less than 251 mg of sodium

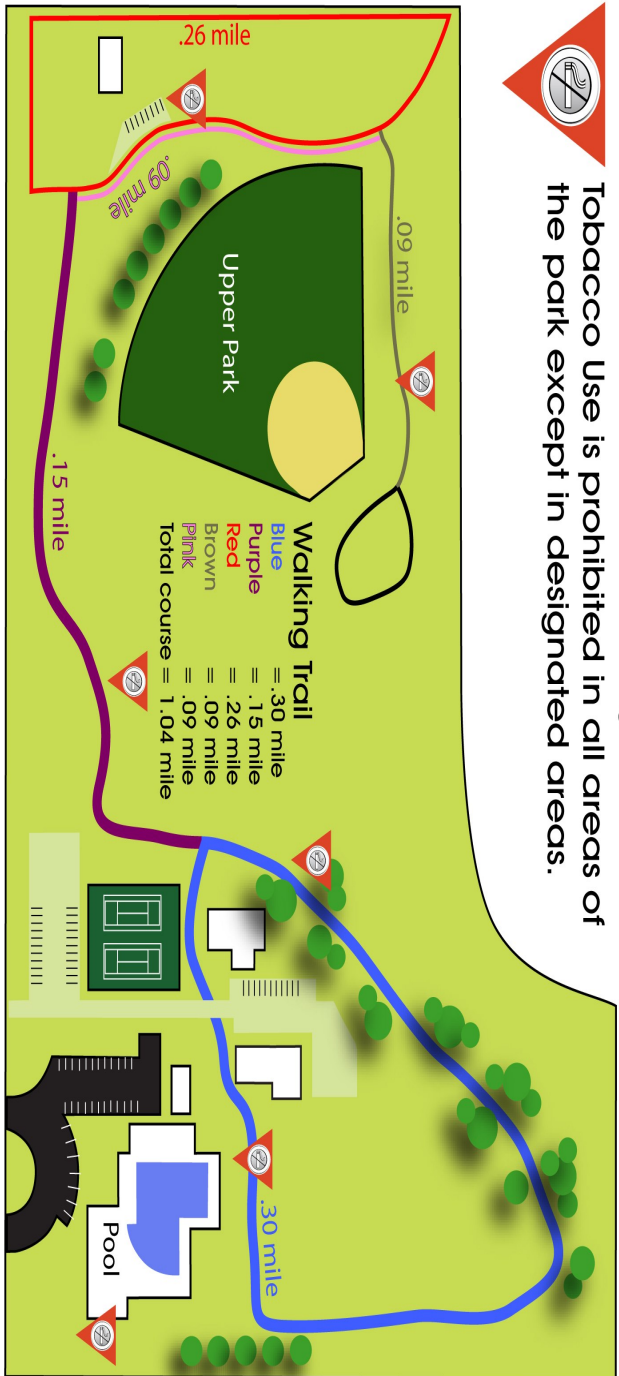
Where To Get Active In Douglas County

- Ava City Parks and Pool**
5 HWY and 3rd Avenue, Ava, MO
- Ava City Militia Park**
6th Avenue, Ava, MO
- MOCH Wellness Center, Community Playground and Ball Field**
NW 10th Avenue, Ava, MO
- Ava City Skatepark**
302 NW 10th Street, Ava, MO
- Ava Schools Athletic Complex**
103 SW 14th Street, Ava, MO
- Plainview School Walking Trail and Playground**
17 miles West on 76 HWY
- Skyline School Walking Trail**
17 Miles East on 76 HWY
- Grundy Memorial Wildlife Area and Archery Range**
From Goodhope go north on Route O to Route NN, go west on Route NN to County Road 537, take County Road 537 south for 0.5 mile.
- Hebron Access**
Go 17 miles west of the junction of Highway 14 and Highway 63. From Highway 14 turn north two miles on County Road 279.
- Richard Massengill Conservation Area**
From Highway 95 at Vanzant go east on Route W to Route AH. Turn east on Route AH for 1.5 miles to County Road 272. Travel one mile to access road and turn south.
- Vera Cruz Access**
3 miles north of Highway 14 on Route AB.
- Squires Towersite**
0.25 mile west of Squires on Route JJ.
- Shannon Ranch Conservation Area**
1.25 miles south of Vanzant on Highway 95.

MISSOURI FOUNDATION FOR HEALTH
**Healthy Schools
Healthy Communities**
LET'S BUILD A HEALTHIER FUTURE



Sponsored by: **Douglas County Health Department**



Ava City Park

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***These restaurants (Autumn's Café & Grill, Guacamole's Mexican Restaurant, Porter's Café, Ruby Garden, and True Brew) are LIVE WELL restaurants.** They offer many menu items that are not fried, lower in fat, calories, and sodium and have a "smoke free" environment. This program uses science based nutrition criteria to identify Live Well items.

Because more people want to choose healthy foods. LIVE WELL Restaurants are becoming more popular in Douglas County.

Autumn's Café & Grill



Dinners (These include plain baked potato, salad and roll)

Entrees	Calories	Fat	Sat. Fat	Sodium
Grilled Catfish with Tomato Sauce	570	17	3.5	970mg
Grilled Chicken Breast	560	20	3.5	330mg
Maple Glazed Salmon	690	25	4.5	340mg

Guacamole's Mexican Restaurant



Entrees	Calories	Fat	Sat. Fat	Sodium
Don Pancho	270	13	8	370mg
Fajita Shrimp	560	14	2.5	1040mg
Fajita Vegetables	630	20	3.5	750mg
Fajita Traditional Single Order	730	20	5	780mg
Fajita Seafood	610	14	2.5	1050mg
Light Tossed Salad	20	0	0	35mg
Chicken Salad	270	17	8	300mg
Don Juan	610	19	5	920mg

(Fajitas are without sour cream or guacamole)

Porter's Café



Entrées	Calories	Fat	Sat. Fat	Sodium
Combination Salad	100	4	1	120mg
Grilled Hamburger	340	15	5	560mg
Pork Loin Sandwich	390	13	4	440mg
Roast Beef Sandwich	430	24	8	430mg
Tuna Sandwich	70	3.5	0.5	310mg

Order side salad to substitute fries with meals.

Twin Bridges

Entrees	Calories	Fat	Sat. Fat	Sodium
Brisket Sandwich	390	13	4.5	1030mg
Grilled Chicken Wrap	530	14	3	880mg
Grilled Mushroom Burger	450	24	8	320mg
Hamburger	390	20	8	400mg
Marinated Chicken Breast Sand.	460	15	3.5	590mg
Sides				
Side Salad	15	0	0	15mg
Cole Slaw	50	1.5	0	15mg



Try Fit-Tastic's 5 Steps!

- 1 Hour or More of Physical Activity Daily
- 2 Hours Maximum of Screen Time
- 3 Servings of Low or Nonfat Milk or Yogurt
- 4 Servings of Water not sugary drinks
- 5 Servings or more of fruits and vegetables

Check out www.fittastic.org.

Taco Bell

<u>Entrees</u>	<u>Calories</u>	<u>Fat</u>	<u>Sat. Fat</u>	<u>Sodium</u>
<u>Burritos</u>				
Black Bean Burrito	380	11	4	1030mg
<u>Fresco</u>				
Fresco Chicken Soft Taco	140	3.5	1	470mg
Fresco Grilled Steak Soft Taco	150	4.5	1.5	440mg
Fresco Soft Taco	160	7	2.5	490mg
<u>Gorditas</u>				
Gordita Supreme-Chicken	270	9	3.5	530mg
Gordita Supreme-Steak	280	10	4	530mg
Gordita Supreme-Beef	290	13	5	580mg
<u>Specialties</u>				
Cheese Roll-Up	180	9	5	430mg
Spicy Tostada	200	10	2.5	440mg
<u>Tacos</u>				
Chicken Soft Taco	160	5	2.5	480mg
Grilled Steak Soft Taco	200	0	3.5	490mg
Soft Taco Supreme-Beef	220	11	5	520mg
Soft Taco-Beef	190	9	4	500mg

Ruby Garden



<u>Entrées</u>	<u>1 Cup</u>	<u>Calories</u>	<u>Fat</u>	<u>Sat. Fat</u>	<u>Sodium</u>
<u>Chow Mein</u>					
Vegetable		47	0	0	302mg
Chicken		194	8	2	960mg
Pork		277	16	4	860mg
Beef		299	19	5	860mg
<u>Chop Suey</u>					
Pork		277	16	4	860mg
Beef		299	19	5	860mg
Plain Chop Suey		224	15	2	1001mg
<u>Lo Mein noodles with Chinese Vegetables</u>					
Vegetable		256	6	1	360mg
Chicken		280	9	2	534mg
Pork		314	14	4	508mg
Beef		302	12	3	588mg
Shrimp		252	7	1	180mg
<u>Kung Pao: Mild, Medium or Hot</u>					
Vegetable		352	11	1.8	576mg
Shrimp		345	20	3	786mg
<u>Hunan or Szechuan: Mild, Medium, or Hot</u>					
Vegetable		60	0	0	15mg
Chicken		180	9	2	616mg
Beef		206	10	2	391mg
Shrimp		49	6	1	667mg

Patrons may request any menu item to be steamed or sautéed



Ruby Garden Continued

<u>Entrées</u>	<u>1 Cup</u>	<u>Calories</u>	<u>Fat</u>	<u>Sat. Fat</u>	<u>Sodium</u>
House Specials					
Moo Goo Gai Pan		272	19	4	350mg
Broccoli Beef		206	10	2	391mg
Broccoli Chicken		180	9	2	616mg
Steamed Pot Stickers		246	6	1	966mg

Patrons may request any menu item to be steamed or sautéed

Order with white rice or steamed chow mein noodles



True Brew

<u>Entrees</u>	<u>Calories</u>	<u>Fat</u>	<u>Sat. Fat</u>	<u>Sodium</u>
Sweet Spinach Salad	450	23	6	390mg
Applewood Roast Beef Sandwich	440	14	7	780mg
Seasonal Breakfast Sandwich	350	13	7	1040mg
Seasonal Harvest Bounty Wrap	600	24	8	1040mg
Spicy Cranberry Ciabatta Sandwich	320	12	6	1030mg
The Rancher Salad	290	18	0	440mg
Veggie and Cheese Wrap	420	21	8	880mg
Apple Harvest Salad	323	19	8	992mg
Summer Veggie Sammie	379	12.5	7.5	637mg
Chicken Salad on Croissant	449	20	9	651mg

(The above item is usually for catered events)

Subway

<u>Entrees</u>	<u>Calories</u>	<u>Fat</u>	<u>Sat. Fat</u>	<u>Sodium</u>
Breakfast				
6" Omelet Sandwich & Regular Egg include 9 grain wheat bread, and cheese				
Egg & Cheese	360	12	4.5	860mg
6" Sandwiches include 9 grain wheat bread, lettuce, tomatoes, onions, green peppers and cucumbers				
Oven Roasted Chicken	320	5	1.5	610mg
Roast Beef	320	5	1.5	660mg
Subway Club	310	4.5	1.5	850mg
Sweet Onion Chicken Teriyaki	370	4.5	1	840mg
Turkey Breast	280	3.5	1	780mg
Veggie Delight	230	2.5	0.5	280mg

Chopped Salads

Salads include lettuce, tomato, onion, green. pepper, cucumber, olives. Value does not include dressing or croutons

Double Chicken	220	4.5	1.5	490mg
Oven Roasted Chicken Breast	130	2.5	0.5	280mg
Roast Beef	140	3.5	1	460mg
Subway Club	140	3.5	1	650mg
Sweet Onion Chicken Teriyaki	240	3	1	720mg
Turkey Breast	110	2	0.5	580mg
Veggie Delight	50	1	0	80mg

Health is not valued until sickness comes.....Thomas Fuller

Sonic Drive In

Entrees	Calories	Fat	Sat. Fat	Sodium
Jr. Breakfast Burrito	280	15	7	830 mg
Apple Slices	35	0	0	0 mg

All Sonic Splash Drinks Small To Rt. 44 are under 150 calories

Blackberry Diet Green Ice Tea Small to Rt. 44 are under 10 calories

Blackberry Unsweet Ice Tea Small To Rt. 44 are under 10 calories

Unsweet Ice Tea Small To a Gallon are under 36 calories

DON'T BE SHY ABOUT TELLING PEOPLE NOT TO SMOKE AROUND YOUR KIDS.

Aden, Age 7
Jessica, His mother
New York

Try www.becomeanex.org
Free Quit Smoking program from Mayo Clinic

Half of U.S. kids are exposed to secondhand smoke. For Aden, it triggers his asthma attacks. Keep kids smoke-free. If someone you know wants free help, call **1-800-QUIT-NOW**.



Live Well Restaurant Survey

Please let us know if you enjoyed your Live Well Restaurant experience by filling out a brief patron survey located on this link;

<https://stateofmissouri.wufoo.com/forms/r164978712luwax/>



More Live Well Restaurants in Missouri

To find more Live Well Restaurants in Missouri, check out this link;

<http://health.mo.gov/living/wellness/nutrition/livewell/pdf/restaurants.pdf>

Pizza Hut

The following eating establishments are not
Live Well Restaurants.

But the menu choices listed here only meet
the criteria for
calories, fat, saturated fat, and sodium.

Entrees (or full meals) must have:

- less than 751 calories and
- less than 26 grams of fat and
- less than 9 grams of saturated fat
- less than 1050mg of sodium

<u>Entrees</u>	<u>Slice</u>	<u>Calories</u>	<u>Fat</u>	<u>Sat. Fat</u>	<u>Sodium</u>
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12" Medium Thin 'N Crispy Pizza

7 Alarm Fire	1	200	8	3.5	800mg
BBQ Lover's	1	240	11	5	650mg
Buffalo State of Mind	1	200	7	3.5	710mg
Cheese	1	190	8	4	580mg
Cherry Pepper Bombshell	1	200	8	4	620mg
Garden Party	1	190	7	3	530mg
Giddy-Up BBQ Chicken	1	220	9	4	570mg
Hot & Twisted	1	190	8	3.5	860mg
Supreme	1	220	10	4.5	660mg
Sweet Sriracha Dyno.	1	190	6	3	750mg
Ultimate Cheese Lover's	1	220	11	5	590mg
Veggie Lover's	1	180	6	3	570mg

14" Lg. Skinny Slice Pizza

Skinny Beach	1	200	6	3	440mg
Skinny Club	1	230	9	4	540mg
Skinny Italy	1	220	8	3.5	460mg
Skinny Luau	1	210	6	3	530mg
Skinny With a Kick	1	230	9	4	680mg

Loss of 100 calories a day is 10 pounds a year.

Ava Senior Center

Papa Johns Lighter Choice Pizza

<u>Entrees</u>	<u>Slice</u>	<u>Calories</u>	<u>Fat</u>	<u>Sat. Fat</u>	<u>Sodium</u>	<u>Size</u>
Mediterranean Veggie	1	190	5	2	460mg	For One
	1	180	4.5	1.5	420mg	Small
	1	190	4.5	1.5	450mg	Medium
Chicken & Veggie	1	200	6	2	480mg	For One
	1	190	4.5	1.5	420mg	Small
	1	200	5	1.5	430mg	Medium
Tropical Luau	1	190	6	2.5	530mg	For One
	1	170	4.5	1.5	450mg	Small
	1	180	4.5	1.5	470mg	Medium
	1	260	9	2.5	670mg	Large
Hawaiian Chicken	1	200	5	2	490mg	For One
	1	180	4	1.5	440mg	Small
	1	190	4.5	1.5	460mg	Medium
	1	260	6	2	650mg	Large
Grilled Chicken & Canadian Bacon	1	200	6	2.5	570mg	For One
	1	180	4.5	1.5	480mg	Small
	1	190	4.5	1.5	520mg	Medium

<u>Entrees</u>	<u>Calories</u>	<u>Fat</u>	<u>Sat. Fat</u>	<u>Sum</u>
Oven Fried Chicken Dinner	600	16	8	850mg
Beef & Broccoli Dinner	684	25	8	547mg
Baked Fish Dinner	623	20	8	853mg
Ham/Beans Dinner	596	11	5	863mg
Taco Salad Dinner	663	23	8	899mg

Haro Brother's Restaurant

<u>Entrees</u>	<u>Calories</u>	<u>Fat</u>	<u>Sat. Fat</u>	<u>Sodium</u>
Build your own Omelet with any 3 veggies: green peppers, onions, tomatoes, spinach without cheese	335	23	6	423 mg

Sandwiches

Classic Burger	349	15	5	560mg
Mushroom Swiss Burger	450	24	8	320mg
Patty Melt	415	19	9	425mg
Haro's Turkey Burger	161	8	2	320mg
Grilled Chicken Breast	350	9	2	820mg
Italian Connection	350	10	3	662mg
Gyro Sandwich	651	19	5	714mg

Dinners

Haro Fajita Beef	363	15	5	781mg
Haro Fajita Chicken	355	14	4	805mg
Pork Tenderloin	492	7	2	908mg

Salads

Santa Fe Salad	330	11	4	920mg
Garden Side Salad	100	4	1	120mg

Kids Menu

Cheeseburger	377	19	7	800mg
Hamburger	297	12	4	550mg
Child Pasta & Marinara	335	4	0	393mg

If you don't take care of your body, where are you going to live...Unknown

Hitching Post Bar & Grill

<u>Entrees</u>	<u>Calories</u>	<u>Fat</u>	<u>Sat. Fat</u>	<u>Sodium</u>
<u>Dinner (includes plain baked potato, and salad)</u>				
8oz. Sirloin Steak	605	14	5	885mg
<u>Sandwiches (no fries, substitute with a salad)</u>				
Patty Melt	415	19	9	425mg
Pony Burger (Kids)	349	15	5	560mg
Pulled Pork	414	12	4	930mg
Pork Tenderloin	390	13	4	440mg
Grilled Chicken	350	9	2	820mg
Deli Roast Beef	430	24	8	430mg
Deli Turkey	280	3.5	1	780mg
Grilled Cheese	291	16	6	793mg
<u>Appetizer</u>				
Peel and Eat Shrimp 12 (8oz)	200	3	1	854mg
Side Salad	100	4	1	120mg

Hucklebuck's

<u>Entrees</u>	<u>Calories</u>	<u>Fat</u>	<u>Sat. Fat</u>	<u>Sodium</u>
Smoked Pork Loin on a Hoagie	480	18	3.5	530mg
Queen Brisket	520	22	5	520mg
<u>Side Dishes</u>				
Baked Potato	60	0	0	10mg
Side Salad	30	0	0	15mg

An apple a day keeps the doctor away.....Proverb

McDonald's

<u>Burgers and Sandwiches</u>	<u>Calories</u>	<u>Fat</u>	<u>Sat. Fat</u>	<u>Sodium</u>
Cheeseburger	300	12	6	680mg
Hamburger	250	8	3	490mg
Artisan Grilled Chicken Sandwich	360	6	1.5	960mg
Snack Wrap Ranch Grilled	270	12	4	700mg
<u>Salads</u>				
South West Salad w/ Grilled Chicken	330	11	4	920mg
South West Salad w/out Chicken	160	7	3	190mg
Side Salad	15	0	0	10mg
<u>Sides</u>				
Apple Slices 1 pkg.	15	0	0	0mg
Fruit'n Yogurt Parfait with Granola	150	2	1	70mg
Fruit'n Yogurt Parfait without Granola	120	1.5	1	40mg
Mandarin Orange Cuties	35	0	0	0mg
Go-Gurt Strawberry	50	0.5	0	30mg
Oatmeal Raisin Cookie	140	5	0	120mg
<u>Breakfast</u>				
Egg White Delight Mc Muffin	260	8	0	740mg
Egg Mc Muffin	300	12	0	740mg
Fruit & Maple Oatmeal	290	4	0	160mg

Water is the most neglected nutrient in your diet, but one of the most vital...Kelly Burton